

# Misouri WIC Wey Ansixisey Khudaarta iyo Miraha



## Sida loo isticmaalo Jeegaga Khudaarta iyo Miraha lagu gato

- Jeegaga khudaarta iyo miraha ku isticmaal kaliya dukaanada gada raashinka.
- Libso kaliya khudaarta iyo miraha dareyga ah ama la barafeeyey.
- Ha ka badsan inta ku daabacan jeega.
- Ha ku bixinin lacag kaash ah wixii dheeraad ah inta ku dhigan jeega khudaarta iyo miraha.
- Lacag kaash ah lagu siin maayo/ baaqi.
- In ka badan hal jeeg oo khudaarta iyo miraha ah ayaa lagu iibsan karaa hal mar. Tusaale ahaan, \$6 iyo \$10 jeegag ah ayaa isku biirsan karaa oo loo isticmaali karaa. \$16 oo mar wax lagu iibsado.



## Miraha Dareyga ah

### La ogol yahay:

- Miraha dareyga ah oo kala duduwan ama miraha oo la kala gooyey oon lagu darin sonkor\*
- Cabitaanka miraha laga sameeyey ee baakooyinka ku jira ama lagu darey miraha la miirey

### Aan la Ogoleyn:

- Miraha dareyga ah ee sonkorta lagu darey\* ama sonkor la dhalaaliyey
- Miraha miis lagu soo bandhigey ee la soo diyaariyey ama saxonada xalfadaha lowgu talo galey
- Miraha ku jira danbiilada
- Miraha la qalajiyey ama miraha la duubey
- Miraha laga gato miiska lagu kor sharaxo salaadyo kala duduwan
- Iniiyaha (tusaale, lowska) ama mirhaha-lagu darey iniiyaha
- Waxyaabaha la dubey ee lagu darey miraha (tusaale, blueberry ama doolshayar, miraha iyo macmacaan laga sameeyey bocor)
- La sharaxay ama miraha la quxiyey
- Meesha cuntada karsan lagu gado ee dukaanka raashinka gada ku dhex taala

\* "Lagu darey Sonkor" marka lagu daro dareeraha wax lagu maceysto, maceeye laga miirey xasiida, noocyoo sonkor ah sida (maltose,dextrose, sucrose), malab, iyo dareeret maaan oo la miirey geedka la yidha (maple).



## **Khudaarta Dareyga ah**

### **La ogol yahay:**

- Miraha dareyga ah oo kala duduwan ama miraha oo la kala gooyey oon lagu darin sonkor\*, baruur, ama saliid
- Salaadka bacaha ku jira, iyo salaadka cagaaran
- Sonkor qandi iyo baradho macaan
- Toon darey ah iyo sinjibii

### **Aan la Ogoleyn:**

- Baradhada cad, cas ama cowlan
- Khudaar miis lagu soo bandhighey oo soo la diyaariyey, ama khudaar ku jirta saxanada ee xafalaha lowgu talogaley
- Khudaar danbiik ku jita
- Salaadka ku jra bacaha ama salaadka cagaaran ee uu la socdo xawaashka qooshaan, foormaajo, rooti gobolo yaryar ah, ama waxyaabo kale lagu darey
- Meesha cunta da karsan lagu gado ee dukaanka raashinka gada ku dhex taala
- Jaamud lafa dhigey, sanuunadeeyey, ama khudaar lagu shiiley rooti la qalajiyey oo la shiiley
- Khudaar-iniinyo (baasto ama bariis) oo isku jira
- Khudaarta laga gato miiska lagu kor sharaxo salaadyada kala duduwan
- La sharaxay ama khudaarta la qurxiyey (tusaale, basbaaska kulul oo la dhuudhubey, toon la dhuudhubey, boor la midabeeyey iyo xasiida la yidhaaa (Indian corn)
- Geedo dhaqameed ama xawaashyo markoodii hore lagu isticmaali jirey in dhadhan lowgu yeelo cuntooyinka.



## **Khudaar la Barafeeyey**

### **La ogol yahay:**

- Cayn kasta, nooc iyo inta ay baakadu le'eg tahay
- Sonkor qandi iyo baradho macaan
- Digir cagaaran oo la barafeeyey, digirta macaan ee qolofta wadata oo la barafeeyey, faasuuliye la barafeeyey, salbuukada yaryar ee cagaaran oo la barafeeyey
- Khudaarta ay ku yar tahay milixdu ama sida caadiga ah loo milixeeyey oo la barafeeyey
- Khudaar kasta oo khaas ah, khudaar khaas ah oo la isku qasay (oon lagu darin baradhada cad ama oas)

### **Aan la Ogoleyn:**

- Baradhada cad, cas ama cowlan
- Baradhada la shiiley, ta la burburiyey ee la shiiley, ta laga dhigey kubado yaryar, iyo baradhooyinka kale ee qaababka loo sameeyey
- Lagu darey sonkor\*, baruur, ama saliid
- Foormaajo laga dhigey sanuunad, iyo nooyada kale ee sanuunadah ah, ama dubeerka
- La xawasheeyey, damcad loo yeeley, ama khudaarta rootida qalalan ee la burburiyey lagu shiiley
- Khudaar lagu darey sanuunad, baasto, bariis, ama cuntooyin kale

## **Miraha oo la Barafeeyey**

### **La ogol yahay:**

- Cayn kasta, nooc iyo inta ay baakadu le'eg tahay
- Miro kasta oo khaas ah, miro la isku dardarey oo khaas ah,
- Nooc kasta o ah miro la barafeeyey oo laga sameeyey cabitaan, lagu darey maceeye dad samee ah, ama biyo



### **Aan la Ogoleyn:**

- Miraha la barafeeyey oo sonkor lagu darey\*

FURSAD LOO INADA SIMAN YAHAYSHAQO  
BIXIYE ILAA LIYA SHARCIGA XUQUUQDA MO XADUDUBKA  
Addeyada waaxaa loo bixiyaa iyada oon lagu saleynin wax takoor ah.  
#128 Somal (06-09)

